

SLIPS, TRIPS, AND FALLS

Slips, trips, and falls may not sound particularly dangerous, but they represent the second leading cause of occupational injuries at the NCI-Frederick. So don't take chances, see to it that everyone observes the following precautions:

DO'S:

- ✓Wipe up spills immediately. Spilled water, coffee or melted ice can be as slippery and as dangerous as oil or grease if you step on it.
- ✓Report hazards and follow up to make sure they are eliminated. These include cracked or chipped tiles, uncovered floor drains, and uneven surfaces.
- ✓Report to the Trouble Desk at FME (x1068) burned-out light bulbs, especially those in stairways where darkness can be extremely dangerous.
- ✓Wear nonskid shoes if the floor in your work area is often wet.
- ✓Hold onto handrails when you're on the stairs.
- ✓Make sure you can see where you're going. Don't carry high loads or large boxes that obscure your vision.
- ✓Stay clear of the edge when working from a platform. Be extra cautious if there are no barricades or handrails.

- ✓Be alert and watch where you're going. Always be on the lookout for objects in your path.
- ✓Take extra care if you are fatigued or on medication. You may be more susceptible to an accident at these times.

DON'TS:

- × Leave boxes, scrap, tools, or other clutter where they can create a tripping hazard.
- × Stretch electrical cords across walkways, not even for "just a minute." It only takes a second for someone to trip on them and be seriously injured.
- × Take short cuts through dark or cluttered areas.
- × Run, especially on stairs or on slippery surfaces.
- × Overreach when you're on a ladder.

Please phone EHS at x1451 if you have any questions or require additional information.